

Daily Dietary Intake and Cognitive Functioning among Population in Malaysia

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Abstract : The food pyramid had been stressed for years and used to promote a healthy diet. Recently, the Ministry of Health in Malaysia has changed the food pyramid structure. They moved fruits and vegetables to the bottom layer and encouraged citizens to consume more fruits and vegetables. Past research has shown that the amount of vegetables and fruits consumption has associated with cognitive health. However, Malaysians have yet to achieve the amount of fruit and vegetable intake as per recommendation. Thus, this study aims to investigate Malaysian's habitual diet and cognitive functioning via a cross-sectional study. One hundred and ninety-three participants will be recruited via convenient sampling. A Food Frequency Questionnaire (FFQ) measures the habitual diet, and an online cognitive test measures attention, executive functioning, and memory objectively. The collected one hundred samples to the date of abstract submission, and the data collection is still in progress. This study will provide an insight to Malaysian about the diet pattern and its relationship with cognitive performance.

Keywords : attention, cognitive, executive functioning, habitual diet, memory

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